

# 04 - “I Am Transformed”

By Pastor Ed Anderson

## Introduction

- **Goal:** Explore the deep human desire for transformation, new beginnings, and second chances.
- **Key Thought:** Change is constant, but biblical transformation goes deeper—it’s a complete renewal of the heart and mind.
- **Key Verse: Romans 12:2** – “Do not conform to the pattern of this world but be transformed by the renewing of your mind.”

## Part 1: Biblical Transformation

- **Transformation in the Bible:**
- Not superficial but a profound inner change.
- Involves renewing thoughts, behaviors, and attitudes.
- **Psychological Insight:**
- Cognitive-behavioral therapy aligns with renewing the mind, helping replace destructive thought patterns with healthier ones.
- **Romans 7:17-25 (MSG):** Paul describes the struggle with sin, highlighting the need for Jesus to set things right.

**Key Verse: Romans 7:25** – “The answer, thank God, is that Jesus Christ can and does.”

## Part 2: Baptism as a Symbol of Transformation

- **Romans 6:4:** “We were therefore buried with Him through baptism into death...just as Christ was raised from the dead, we too may live a new life.”
- Baptism represents death to the old self and resurrection into a new life.
- It’s a public declaration of faith and a significant milestone in spiritual and personal transformation.
- **Psychological Role of Rituals:**
- Mark significant life transitions, offering closure and new beginnings.

**Key Verse: John 3:3** – “No one can see the kingdom of God unless they are born again.”

## Part 3: Rebirth and the Need for Change

- **Rebirth as a Metaphor:**
- Represents moving through stages of change: precontemplation, contemplation, preparation, action, and maintenance.

- Addresses the universal need for second chances, providing hope and a fresh start.

**Key Verse: 2 Corinthians 5:17** – “If anyone is in Christ, the new creation has come: The old has gone, the new is here!”

## **Part 4: Practical Steps to Embrace Transformation**

1. **Self-Examination:**
  - Recognize the need for change.
  - Aligns with self-awareness and mindfulness in identifying destructive thoughts.
2. **Confession and Repentance:**
  - Admit sins and turn away from them.
  - Similar to taking responsibility and committing to change.
3. **Faith and Commitment:**
  - Trust in God’s power to transform.
  - Belief is central to personal and spiritual growth.
4. **Baptism and Community Support:**
  - Baptism symbolizes rebirth, and community support sustains transformation.
  - Rituals and social networks are essential in making and maintaining changes.

**Key Verse: Acts 22:16** – “And now what are you waiting for? Get up, be baptized and wash your sins away, calling on His name.”

## **Conclusion**

- **Call to Action:**
- Examine your heart and mind.
- Confess your sins and commit to transformation through faith in Christ.
- Take the step of baptism and lean on your faith community for support.
- **Final Assurance:**
- Transformation is possible through Christ. He makes us a new creation, giving us hope and a second chance.